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It Takes a Community to Improve Mobility



Advocacy. Action. Answers on Aging.

Knoxville-Knox Co. Volunteer Assisted
Transportation volunteer with client

Outline for the Talk and Discussion

- Context of Mobility for seniors and people with disability
- Transportation and Mobility Principles:
 - The benefits of mobility for people
 - Ways to enhance mobility
- Successes from communities
- Useful Programs from our two Transportation Centers
- Ways for 60 Dedicated Transportation Service Providers to work together

Transportation & Human Services Context Sensitive Solutions

- Respects the way all people live, work & play
- Respects the environment
- Respects history and landmarks



***Mobility and Livability converge through a focus on
Transit, the environment, housing and people***

Key Concepts for Person-Directed Mobility Activities

- Person-Directed vs. Person-centered
- Community-based long-term care vs. aging in place
- Mobility
- Inclusiveness within coordinated planning
- Independence within transportation *choices*
- Disability vs. functional abilities
- “The Last Mile” vs. accessible pathways

Benefits of Accessible, Livable Communities



Livable Community Benefit: Access to Jobs, Healthcare, & Recreation/Leisure

- #1 Challenge for Doctors – missed appointments often due to lack of transportation
- Helps address the employment Gap 40% (39% vs. 80% rates for people with disabilities vs. without)
- Major Reason for caregiver time off – transport loved one to needed service
- Seniors are healthier and happier if they have access to social activities

Benefit of Livable Communities: Addresses Growing Need of Demographic Realities*

- Assists those within the 36M million people with disabilities (12% US Population, not in institutions) who need transportation choices
- Today's 39M older adult population will grow to 70M Older Adults in the next twenty years
- 51.5% of Older Adults over 75 have disabilities (28M people are 70 or older)

*US Census and American Housing and Community Survey Figures

Benefits of Accessible Communities: Economic

- Reduces business costs: Metlife study 7M working caregivers employers lose \$ 36.3B annually due to lost productivity
- Helps families retain assets: cost of family based long-term care \$ 375B vs. \$ 97B Medicaid (Medstat Medicaid Figures)
- Reduces LTC costs: Community based long-term care vs. institutional care (\$ 26K vs. \$ 9K per year person, AARP)
- Reduces transit cost: fixed route trips vs. paratransit trips (\$ 5/ride vs. \$ 30-65/ride*) 10B trips taken a year (APTA)

*estimates based on various public transit sources

Benefits of Livable Communities: Health and Wellness

- Safe, Accessible Communities reduce traffic and pedestrian fatalities
- More mobile people are healthier people (Centers for Disease Control)
- Increased health and wellness reduces healthcare costs – well established research ‘trilogy’:
 - Driving cessation often results in depression (Marottoli, et. al.)
 - Depression causes reduced health status & mortality (Edwards, et. al.)
 - Increased health status decreases healthcare costs (Lorig, et. al.)

Proven Successful Strategies in building accessible Communities

Accessible Transportation Service Offerings

- Develop Travel Training Services
- Offer Community Person-Directed Mobility Managers
- Develop Transportation Options
- Develop Transportation Centers
- Coordination, community coalition building & stakeholder involvement with infrastructure projects
- Train on Assistive Devices
- Add Transportation Training to Chronic Disease Management Programs
- Teach Transportation Options to Students

Person-Directed Mobility Management

- Provides information so people can choose the right transportation option for them
- Requires dual community analysis
 - Accessibility needs of people in the community
 - Assessment of accessibility & resources in the community
- Identifies and fills gaps in livability/accessibility
- Easter Seals Project ACTION has developed tools and a network of Disability Advocates who can assist mobility managers

Key To Success Partnerships and Planning

- Transit providers
- People with disabilities
- Older Adults
- Human Services Providers
- **School System**
- **Students**
- People of limited income
- Business Community
- Faith-based community
- Non-profit community
- Civic leaders
- Planners
- Housing Industry
 - **Builders**
 - Realtors
 - **Owner associations**

Ease of Access to Information on Transit Services

- Marketing
 - Public service announcements
 - Up to date accessible websites & social networking
 - Regular communication, newsletters, success stories
- Call Centers
 - One call (no wrong door)
 - Mobility centers
- All points of intersection for community based living
 - Department of Motor Vehicles
 - Hospitals

Coordinated Multi-Modal System

- Accessible Taxis
- Volunteer driver & shared ride programs
- Public/private partnership transportation programs
- Caregiver transportation programs
- Vanpools
- Motor-coach/recreation & leisure transportation
- Accessible fixed route & paratransit services
- Schools and university transportation

Livability Program Principles

Over \$ 500M in grants so far...



- More transportation choices including promoting public health
- Equitable affordable housing
- Enhance economic competitiveness
- Support existing communities
- Coordination and leverage federal policies and investments
- *Values Communities and neighborhoods*

Livable and Sustainable Communities

Welcome to the Federal Transit Administration's (FTA) Livable and Sustainable Communities webpage. This page highlights how FTA programs fit into the larger DOT Livability Initiative and the Federal Sustainable Communities Partnership. The Partnership for Sustainable Communities represents an exciting time where the Department of Transportation (DOT), the Environmental Protection Agency (EPA), and the Department of Housing and Urban Development (HUD) are working together like never before to provide citizens with access to affordable housing, more transportation options, and lower transportation costs, while protecting the environment in communities nationwide. FTA is pleased to do its part by advocating and supporting initiatives that demonstrate ways to improve the link between public transit and communities. We at FTA believe transit provides critical "lifeline" services that connect all members of the community with employment, health, educational, and other important opportunities and services.

http://fta.dot.gov/publications/publications_10935.html

Major Opportunities for Local Communities

- **What's New? (as of today, 1-12-2011)**
- HUD awards nearly \$ 100 million in new grants to promote smarter and sustainable planning for jobs and economic growth
- Partnership for Sustainable Communities- A Year of Progress Towards Stronger Neighborhoods -
- HUD and DOT award \$68 million to create sustainable communities
- EPA awards \$4 for Brownfields –
- Secretary Ray LaHood announces \$293 million for new transit solutions, economic development nationwide-
- DOT announces TIGER II Discretionary Grants

Livability and Traditional Funding for Human Services Transportation

- Federal Transit Administration
 - 5310 Elderly and People with Disabilities
 - 5317 New Freedom
 - 5316 Job Access Reverse Commute
- Administration on Aging
 - Title IIIB Transportation & Assisted Transportation
- Medicaid Non-emergency Transportation
- Livability Sustainability Grants
- Major Infrastructure TIGR Grants (\$ 600M just released for 75 innovative projects)

Useful Programs and Activities from our Centers – Resources for your team



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Federal Transit Administration Cooperative Agreement Centers

Easter Seals Project ACTION Accessible Transportation Center

- Expand accessible transportation **for people with disabilities** of all ages
- Audience – transportation and disability community

National Center on Senior Transportation – Easter Seals and National Association of Area Agencies on Aging

- Expand family of transportation services **for older adults**
- Audience – human services and transportation community

Easter Seals Project ACTION Highlights

Publications, Resources 800#/email Support

- ADA Transit Board Members Handbook
- Taxi Toolkit
- Updated motorcoach ADA guide
- Updated ADA responsibilities bookmark including one in Spanish
- Operator Sensitivity Video
- Newsletters on key topics like mobility management, youth transition, travel training
- 800# 800-659-6428 and email technical assistance
- Many more resources and partnership efforts, please go to our website and free store for more information

Training and Website Highlights

- Mobility and Coalition Building Institutes – 146 since 2001 assisting 47 states and two territories
- 12 more Institutes next year
- Travel Training offered each quarter
- Distance learning events – one a month on topics from the ADA to livability, over 5000 people attended one last year
- Website with partner and federal news
- Online dialogues – United We Ride and Paratransit last year reaching over 3000 people
- Online Communities – three major groups so far more on their way

ESPA Resources on Accessibility and Mobility

- Accessible Pathways to Bus Stops and Transit Facilities: A Process Guide
- Toolkit for the Assessment of Bus Stop Accessibility and Safety
- Accessible Pedestrian Signals: Making Your Community Safer and More Accessible for Everyone
- Accessible Transportation in Rural Areas: An Easter Seals Project ACTION Resource Sheet
- Universal Design and Accessible Transit Systems: Facts to Consider When Updating or Expanding Your Transit System
- Expanding Mobility Options for Persons with Disabilities: A Practitioner's Guide to Community-Based Transportation Planning
- Including People with Disabilities in Coordinated Transportation Plans

Mobility & Accessibility Success Stories from the Field

- Easter Seals Mobility Planning Services – 9 years, 146 communities in 47 states and 2 territories
- In the last three years, 57 teams participated
 - 36 continue to work together
 - 29 have merged into larger community efforts
 - 38 have accomplished at least one of their action plan goals
- Four stories – Central Iowa, Berkshire County MA, Southeast Tennessee & Greeley/Weld Cnty., CO

Accessible Transportation Coalition Institutes

- **Easter Seals Project ACTION is currently accepting applications for the 2011 Accessible Transportation Coalitions Initiative**

If your community is ready to tackle accessible transportation challenges and engage local leaders in the process, Project ACTION is ready to support your community! Ten communities across the United States will be selected to participate in the Accessible Transportation Coalitions Initiative (ATCI), a one-year systems change process designed to improve accessible transportation options for people with disabilities. In order to be considered, the completed application must be submitted on or before **January 31, 2011**.

National Center on Senior Transportation Highlights



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Recent Publications & Resources

- Demonstration Grants – best practices compiled and available
 - State Older Driver Safety Coalitions – on-line guide
 - Trends in Senior Transportation
 - Current Practices Used by Travel Trainers for Seniors
 - Transportation: The Silent Need
 - Newsletters on key topics
 - 800# technical assistance connected to eldercare locator
- 866.528.NCST (6278)**

NCST

*National Center on
Senior Transportation*

Strategic Areas of Focus & Tool Development

- Student Scholars (12 applications received)
- Breaking New Ground grants – Due Dec. 16th
- Distance Learning series
- Health and Transportation Study
- Mobility Counseling Tools
- How To Guide on Tribal Transportation with RTAP
- Assessment of Readiness for Mobility Transition
- Preconference Intensive at ASA – April 2011

NCST

*National Center on
Senior Transportation*

Strategic Areas of Focus & Tool Development

- Serving Diverse Groups of Seniors
- Senior Options Template and tools for including mobility in Care Management Intake
- Caregiving Transportation and support
- Peer to Peer Networking
- Aging Network Education on Mobility

NCST

*National Center on
Senior Transportation*

Ways for 60 Dedicated Transportation Service Providers to work together

- Connect with other program areas
 - Housing
 - Environment
 - Youth Transition Program Leaders in School System
 - Employment
 - Recreation and Leisure (Strathmore!)
 - Emergency Preparedness
- Hold a Community Coalition Building Planning Event
- Hire a Mobility Manager to drive the process
- Respond to Livability and other Federal Grants
- Leverage your impressive resources through one call technologies

NCST

*National Center on
Senior Transportation*

The County is Already Great Assets and Activities.....

- The 2011 Winter Olympics games
- 311
- Montgomery County Ride On and Google Maps
- Senior Section of County Website
- TRANSPORTATION OPTIONS FOR SENIORS AND PEOPLE WITH DISABILITIES
- A GREAT BASE TO BUILD UPON!
- Thoughts?



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Thank You

Easter Seals Project ACTION

Mary Leary

Questions? Please feel free to email:

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General Information & Technical Assistance

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